



### Medicines Older Adults May Want to Avoid

Adverse drug reactions that result in emergency room visits affect older Americans nearly twice as often as young people. One reason is that as the body ages, the kidneys' ability to process medications declines. As a result, some drugs stick around longer in the body, and others can build up to unhealthy levels if multiple doses per day are required.

At the same time, millions of older Americans take five or more medications a day, which multiplies the risk of experiencing an adverse drug event.

Consumer Reports Health has published [new information](#) to help guide people in their drug selections. A list of medications that are best avoided by those 65 and older, as well as a list of alternative medications, is included.

For example, antihistamines **Chlor-Trimeton** (chlorpheniramine) and **Benadryl** (diphenhydramine) can cause **confusion, sedation** and the **inability to fully empty the bladder (urine retention)** in people over 65. Generic cetirizine (Zyrtec), fexofenadine (Allegra) and loratadine (**Claritin**) are generally safer bets.

Another example is pain relievers. **Aleve** and **Naprosyn** (naproxen), **Daypro** (oxaprozin) and **Feldene** (piroxicam) can cause **gastrointestinal bleeding** and **kidney damage**. **Demerol** (meperidine) can cause confusion and falls. Better and safer choices include **Tylenol** (acetaminophen), **Advil** (ibuprofen), **Zostrix** (capsaicin cream) and for severe pain, **morphine**.

[Click here](#) for a complete list of drugs to avoid for older individuals.

Find more information at [Consumer Report's Best Buy Drugs](#) about comparative effectiveness and comparative cost for many of these medicines.

### About the Consumer Reports Best Buy Drugs™ Project

*Consumer Reports Best Buy Drugs™* is an educational and outreach initiative that compares a variety of prescription drugs on price, effectiveness and safety to help consumers and their doctors identify the most effective and affordable medicines.

The project combines evidence-based research on the comparative effectiveness and safety of prescription drugs with comprehensive nationwide data on drug prices. The information on drug effectiveness is derived from the Drug Effectiveness Review Project (DERP), a 13-state initiative. Price information is based on average retail prices paid in cash by consumers at the pharmacy. Every drug report is peer-reviewed by medical experts in the particular drug category.

For information on other drug categories we have examined to date — heartburn and acid reflux drugs, high blood pressure, depression, arthritis and pain — visit

### Resources

#### View Full Report

We encourage you to read more about how to save money on prescription drugs. For the Money Saving Guide, Getting the Best Price, [click here](#). For the Money Saving Guide, Prescription Assistance Programs, [click here](#).

#### Read More About Treatment Options

To learn more about treatment options for a wide range of health conditions, visit [Consumer Reports Health](#).

#### Read Other Reports

For information on 20 categories of medications and to find out about upcoming reports, visit [www.CRBestBuyDrugs.org](http://www.CRBestBuyDrugs.org).

#### Your Privacy

Consumers Union does not sell or rent any information provided by you via this web site with any third party. No such information is shared with any third party except in limited circumstances to provide products and service to you or in response to a request from law

[www.CRBestBuyDrugs.org](http://www.CRBestBuyDrugs.org)

Thanks for visiting,

The Consumer Reports  
Best Buy Drugs™ Team

enforcement. [Read our Privacy Policy.](#)

#### How to Unsubscribe

You received this e-mail because you registered online for Free Health Updates from Consumer Reports. If we have e-mailed you in error or you do not wish to receive further updates, please [click here to opt out.](#)

This e-mail was sent to you by ConsumerReports.org. To ensure our e-mails are delivered directly to your inbox, please add [newsletters@email.consumerreports.org](mailto:newsletters@email.consumerreports.org) to your address book!

If you would like to share this e-mail with a friend, please [click here](#). If you know a health care provider (doctor, nurse practitioner, clinic, pharmacy) or employer that would like to have printed copies of this report to provide for free to their patients or employees, please email us at [crbestbuydrugs@cu.consumer.org](mailto:crbestbuydrugs@cu.consumer.org).

Any organization interested in republication for broader distribution of the information in this e-mail or on our Web site should contact Wendy Wintman at [wintwe@consumer.org](mailto:wintwe@consumer.org).

To contact Consumer Reports Customer Service for subscription inquiries, [click here](#). Read details [about this site](#). If you experience any problems with this site, please e-mail us at [crbestbuydrugs@cu.consumer.org](mailto:crbestbuydrugs@cu.consumer.org). Thank you.

© 2008, Consumers Union of U.S., Inc., 101 Truman Avenue, Yonkers, NY 10703. No reproduction permitted without written permission.